Instructor Name: **Gaines, Charles**  
Instructor Rank: **CW4**  
Brigade: **5**  
School: **Thomas Jefferson**  
School Year: **2015 - 2016**  
Total School Hours: **172**  
LET Level: **LET 2**

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| **UCode** | **Lesson Name** | **Hours** |
| **Core Curriculum** | | |
| U4-C1-L3 | The Components of Whole Health | 2 |
| U4-C1-L4 | Nutrition - You Are What You Eat | 2 |
| U4-C2-L1 | The Need for First Aid/Your Response | 2 |
| U4-C2-L2 | The First Life-Saving Steps | 2 |
| U4-C2-L3 | Controlling Bleeding | 2 |
| U4-C2-L4 | Treating for Shock and Immobilizing Fractures | 2 |
| U4-C2-L5 | First Aid for Burns | 2 |
| U4-C2-L6 | First Aid for Poisons, Wounds, and Bruises | 2 |
| U4-C2-L7 | Heat Injuries | 2 |
| U4-C2-L8 | Cold Weather Injuries | 2 |
| U4-C2-L9 | Bites, Stings, and Poisonous Hazards | 2 |
| U4-C3-L1 | Use and Effect of Drugs, Alcohol, and Substances | 4 |
| U4-C3-L2 | Critical Decisions about Substances [Interactive Nights Out] | 2 |
| U5-C1-L2 | Introduction to Maps | 2 |
| U6-C1-L1 | The Preamble | 2 |
| U6-C1-L2 | Citizenship Skills | 2 |
| U6-C1-L3 | Small Group Meetings | 2 |
| U6-C1-L4 | Representative Group Session | 2 |
| U6-C1-L5 | Introduction to Chief Justice | 2 |
| U6-C2-L1 | Our Natural Rights | 2 |
| U6-C2-L2 | Developing Republican Government | 2 |
| U6-C2-L3 | British Origins of American Constitutionalism | 2 |
| U6-C2-L4 | Colonial Government-Basic Rights and Constitutional Government | 2 |
| U6-C2-L5 | State Constitutions | 2 |
| U6-C3-L1 | Articles of Confederation 1781 | 2 |
| U6-C3-L2 | Creating Our Constitution | 2 |
| U6-C3-L3 | Balancing Power | 2 |
| U6-C6-L6 | Protection of Rights Within the Judicial System | 2 |
| U6-C6-L7 | Military Justice System | 2 |
| U6-C7-L1 | Roles of Citizens | 2 |
| U6-C7-L2 | New Citizenship and Constitutional Issues | 2 |
| U6-C7-L3 | Constitutionalism and other Countries | 2 |
| **Physical Activity/Leader Assessment** | | |
| **Leadership Application** | | |
| LA\_1 | Stationary Movements (U2-C2-L4) | 5 |
| LA\_2 | Steps and Marching (U2-C2-L5) | 5 |
| LA\_3 | Squad Drill (U2-C2-L6) | 5 |
| LA\_4 | Platoon Drill (U2-C5-L1) | 5 |
| LA\_5 | Company Formations and Movements (U2-C5-L3) | 5 |
| LA\_6 | Forming, Inspecting, and Dismissing the Battalion (U2-C5-L4) | 5 |
| **Cadet Challenge** | | |
| CC\_1 | Cadet Challenge | 10 |
| **Actvities** | | |
| **Service Learning/Community Service** | | |
| SLCS\_1 | Service Learning/Community Service Preparation | 4 |
| U3-C8-L1 | Orientation to Service Learning | 2 |
| U3-C8-L2 | Plan and Train for Your Exploratory Project | 2 |
| U3-C8-L3 | Project Reflection and Integration | 2 |
| **Administration/Testing/Inspections** | | | |
| ATI\_1 | Admin | 4 |  |
| ATI\_2 | Testing | 8 |  |
| ATI\_3 | Preparation for Inspection | 6 |  |
| ATI\_4 | Inspections | 6 |  |
| **State and JROTC Electives** | | |  |
| QBOL\_U1 | Unit 1: Achieving Success in School and Life | 2 |  |
| QBOL\_U2 | Unit 2: Self Esteem and Success | 2 |  |
| QBOL\_U3 | Unit 3: Team Support and Success | 2 |  |
| QBOL\_U4 | Unit 4: Decision Making and Success | 2 |  |
| QBOL\_U5 | Unit 5: Positive Mental Attitude and Success | 2 |  |
| QBOL\_U6 | Unit 6: Teachers Making a Difference - Kids Making a Life | 2 |  |
| SPAP\_1 | Success Profiler | 4 |  |
| NEFE\_HSFPP\_M1 | Module 1: Money Management | 2 |  |
| NEFE\_HSFPP\_M2 | Module 2: Borrowing | 2 |  |
| NEFE\_HSFPP\_M3 | Module 3: Earning Power | 2 |  |
| NEFE\_HSFPP\_M4 | Module 4: Investing | 2 |  |
| WTP\_1 | We the People | 8 |  |
| **TOTAL HOURS** | | **172** |  |